

## USDA Nutrient Database for Standard Reference, Release 14

**Fatty acids, total monounsaturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content**

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	27.304
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	27.174
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	19.801
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	19.768
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	17.990
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	17.379
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	16.804
19080	Candies, semisweet chocolate	168	1 cup	16.750
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	16.398
21015	Fast foods, danish pastry, cheese	91	1 pastry	15.601
19087	Sweets, candies, confectioner's coating, white	170	1 cup	15.465
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	14.489
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	14.264
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	14.128
18325	Pie, pecan, prepared from recipe	122	1 piece	13.641
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	13.402
12120	Nuts, hazelnuts or filberts	28.35	1 oz	12.942
21024	Fast foods, french toast sticks	141	5 sticks	12.648
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	12.610
18310	Pie, chocolate creme, commercially prepared	113	1 piece	12.562
22906	Chicken pot pie, frozen entree	217	1 small pie	12.478
18324	Pie, pecan, commercially prepared	113	1 piece	12.137
12142	Nuts, pecans	28.35	1 oz (20 halves)	11.567
01164	Cheese sauce, prepared from recipe	243	1 cup	11.506
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	11.458
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	11.441
21043	Fast foods, clams, breaded and fried	115	3/4 cup	11.440
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	11.423
06166	Sauce, homemade, white, medium	250	1 cup	11.050
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	11.008
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	10.642
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	10.600
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	10.482
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	10.410
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	10.328
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	10.161
04511	Oil, vegetable safflower, salad or cooking, oleic, (over 70%)	13.6	1 tbsp	10.152
21082	Fast foods, taco, beef	263	1 large	10.115
21017	Fast foods, danish pastry, fruit	94	1 pastry	10.096

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04053	Oil, olive, salad or cooking	13.5	1 tbsp	9.950
11370	Potatoes, hashed brown, home-prepared	156	1 cup	9.691
18309	Pie, cherry, prepared from recipe	180	1 piece	9.565
18319	Pie, fried pies, fruit	128	1 pie	9.535
18444	Pie, fried pies, cherry	128	1 pie	9.535
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	9.435
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	9.176
12061	Nuts, almonds	28.35	1 oz (24 nuts)	9.116
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	9.109
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	9.048
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	8.986
01036	Cheese, ricotta, whole milk	246	1 cup	8.922
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	8.919
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	8.900
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	8.823
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	8.653
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	8.454
18302	Pie, apple, prepared from recipe	155	1 piece	8.359
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	8.333
04582	Vegetable oil, canola	14	1 tbsp	8.246
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	8.245
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	8.226
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	8.200
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	8.177
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	8.175
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	8.065
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	8.056
18245	Danish pastry, cheese	71	1 danish	8.032
21078	Fast foods, nachos, with cheese	113	6-8 nachos	7.994
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	7.888
21129	Fast foods, hush puppies	78	5 pieces	7.819
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	7.809
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	7.744
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	7.719
13312	Beef, ground, regular, cooked, broiled, medium	85	3 oz	7.701
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	7.644
07008	Bologna, beef and pork	56.7	2 slices	7.592
18306	Pie, blueberry, prepared from recipe	147	1 piece	7.528

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01095	Milk, canned, condensed, sweetened	306	1 cup	7.427
16008	Beans, baked, canned, with franks	259	1 cup	7.330
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	7.118
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	7.089
21023	Breakfast items, french toast with butter	135	2 slices	7.074
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	6.999
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	6.985
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	6.985
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	6.935
18147	Cheesecake commercially prepared	80	1 piece	6.907
13305	Beef, ground, lean, cooked, broiled, medium	85	3 oz	6.868
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	6.865
21118	Fast foods, hotdog, plain	98	1 sandwich	6.853
11658	Spinach souffle, home-prepared	136	1 cup	6.835
18308	Pie, cherry, commercially prepared	117	1 piece	6.829
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	6.804
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	6.698
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	6.698
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	6.651
21119	Fast foods, hotdog, with chili	114	1 sandwich	6.595
21082	Fast foods, taco, beef	171	1 small	6.577
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	6.525
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	6.520
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	6.484
18031	Bread, indian (navajo) fry	160	10-1/2" bread	6.381
21074	Fast foods, enchilada, with cheese	163	1 enchilada	6.311
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	6.248
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	6.237
11414	Potato salad, home-prepared	250	1 cup	6.200
07023	Frankfurter, beef and pork	45	1 frank	6.152
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	6.140
07022	Frankfurter, beef	45	1 frank	6.129
13298	Beef, ground, extra lean, cooked, broiled, medium	85	3 oz	6.078
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	6.001
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	5.973
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	5.958
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.933
15128	Finfish, tuna salad	205	1 cup	5.918
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.916

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19150	Candies, HERSHEY, REESE'S Peanut Butter Cups	45	1 package (contains 2)	5.895
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	5.884
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	5.848
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	5.773
04002	Lard	12.8	1 tbsp	5.773
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	5.762
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	5.749
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	5.737
19143	Candies, HERSHEY, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	5.733
18327	Pie, pumpkin, prepared from recipe	155	1 piece	5.730
18316	Pie, coconut custard, commercially prepared	104	1 piece	5.715
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	5.696
01037	Cheese, ricotta, part skim milk	246	1 cup	5.692
01057	Eggnog	254	1 cup	5.672
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	5.670
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	5.636
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	5.606
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	5.531
22905	Beef stew, canned entree	232	1 cup	5.522
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	5.408
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	5.399
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	5.347
18116	Cake, gingerbread, prepared from recipe	74	1 piece	5.272
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	5.269
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	5.265
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.245
19078	Baking chocolate, unsweetened, squares	28.35	1 square	5.233
07069	Salami, cooked, beef and pork	56.7	2 slices	5.211
19126	Candies, milk chocolate coated peanuts	40	10 pieces	5.168
21083	Fast foods, taco salad	198	1-1/2 cups	5.160
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	5.134
13348	Beef, cured, corned beef, canned	85.05	3 oz	5.069
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	5.048
18151	Cookies, brownies, commercially prepared	56	1 brownie	5.020
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	4.981
18305	Pie, blueberry, commercially prepared	117	1 piece	4.965
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	4.956
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4.913

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13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4.803
05292	Turkey patties, breaded, battered, fried	64	1 patty	4.781
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	4.769
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	4.670
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.658
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	4.652
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	4.630
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	4.628
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	4.624
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	4.501
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	4.497
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.488
05277	Chicken, canned, meat only, with broth	142	5 oz	4.473
07065	Pork and beef sausage, fresh, cooked	26	2 links	4.467
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	4.464
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	4.463
18326	Pie, pumpkin, commercially prepared	109	1 piece	4.395
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	4.390
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	4.387
19056	Snacks, tortilla chips, plain	28.35	1 oz	4.380
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	4.370
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	4.278
21088	Tostada with guacamole	130.5	1 tostada	4.241
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	4.208
19041	Snacks, pork skins, plain	28.35	1 oz	4.190
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	4.183
18090	Cake, boston cream pie, commercially prepared	92	1 piece	4.180
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	4.158
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.135
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	4.016
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	4.012
05306	Poultry food products, ground turkey, cooked	82	1 patty	4.010
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	3.997
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	3.929
18139	Cake, white, prepared from recipe without frosting	74	1 piece	3.929
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.908
16098	Peanut butter, smooth style, with salt	16	1 tbsp	3.884
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	3.858

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06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	3.839
07024	Frankfurter, chicken	45	1 frank	3.816
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	3.808
18243	Croutons, seasoned	40	1 cup	3.799
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	3.787
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	3.783
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	3.783
16097	Peanut butter, chunk style, with salt	16	1 tbsp	3.770
07064	Pork sausage, fresh, cooked	27	1 patty	3.753
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	3.744
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	3.717
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	3.714
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	3.672
19193	Desserts, puddings, rice, ready-to-eat	113.4	4 oz	3.640
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	3.629
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.621
07064	Pork sausage, fresh, cooked	26	2 links	3.614
18031	Bread, indian (navajo) fry	90	5" bread	3.589
14346	Shake, fast food, chocolate	333	16 fl oz	3.580
11672	Potato pancakes, home-prepared	76	1 pancake	3.526
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	3.512
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	3.509
19061	Snacks, trail mix, tropical	140	1 cup	3.486
20113	Noodles, chinese, chow mein	45	1 cup	3.460
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	3.451
19089	Frozen desserts, ice cream, vanilla, rich	74	1/2 cup	3.448
11399	Potato puffs, frozen, prepared	79	10 puffs	3.440
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.432
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	3.430
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	3.428
07072	Salami, dry or hard, pork, beef	20	2 slices	3.420
21042	Fast foods, chili con carne	253	1 cup	3.408
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	3.407
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	3.405
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	3.333
01145	Butter, without salt	14.2	1 tbsp	3.327
01001	Butter, with salt	14.2	1 tbsp	3.326
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	3.324
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	3.291
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	3.291

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06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	3.270
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	3.240
09038	Avocados, raw, California	28.35	1 oz	3.178
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	3.172
18239	Croissants, butter	57	1 croissant	3.149
21051	Entrees, pizza with pepperoni	71	1 slice	3.140
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	3.133
19109	Candies, HERSHEY, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	3.108
06909	Sauce, NESTLE, QUE BUENO Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	3.101
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	3.094
18023	Bread, cornbread, dry mix, prepared	60	1 piece	3.084
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.052
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	3.045
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	3.042
18320	Pie, lemon meringue, commercially prepared	113	1 piece	3.034
19090	Frozen desserts, ice cream, french vanilla, soft-serve	86	1/2 cup	3.001
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	2.976
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.972
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	2.941
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	2.927
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	2.913
01132	Egg, whole, cooked, scrambled	61	1 large	2.908
04133	Salad dressing, french, home recipe	14	1 tbsp	2.898
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	2.888
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2.882
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.879
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	2.878
14347	Shake, fast food, vanilla	333	16 fl oz	2.870
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	2.845
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.807
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	2.795
19411	Snacks, potato chips, plain, salted	28.35	1 oz	2.790
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2.790
01128	Egg, whole, cooked, fried	46	1 large	2.746
01111	Milk shakes, thick vanilla	313	11 fl oz	2.739
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	2.739

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18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	2.704
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	2.699
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	2.695
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	2.688
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	2.688
01007	Cheese, camembert	38	1 wedge	2.669
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	2.664
01009	Cheese, cheddar	28.35	1 oz	2.662
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	2.656
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	2.652
18367	Waffles, plain, prepared from recipe	75	1 waffle	2.641
18280	Muffins, corn, dry mix, prepared	50	1 muffin	2.625
21077	Fast foods, frijoles with cheese	167	1 cup	2.617
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	2.617
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.610
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	2.608
14177	Chocolate-flavor beverage mix, powder, prepared with milk	266	1 cup	2.578
14316	Malted milk-flavor mix, chocolate, added nutrients, powder, prepared with milk	265	1 cup	2.555
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	2.546
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	2.543
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	2.538
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	2.537
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	2.533
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	2.508
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	2.508
14310	Malted milk-flavor mix, natural, added nutrients, powder, prepared with milk	265	1 cup	2.507
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.506
01102	Milk, chocolate, fluid, commercial,	250	1 cup	2.475
01030	Cheese, muenster	28.35	1 oz	2.470
21127	Fast foods, coleslaw	99	3/4 cup	2.420
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	2.408
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	2.381
01077	Milk, fluid, 3.25% milkfat	244	1 cup	2.355
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	2.348
01110	Milk shakes, thick chocolate	300	10.6 fl oz	2.340
21033	Fast foods, sundae, hot fudge	158	1 sundae	2.331
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	2.309
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	2.282



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	2.257
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.238
20033	Oat bran, raw	94	1 cup	2.233
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	2.226
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	2.219
01123	Egg, whole, raw, fresh	58	1 extra large	2.209
01004	Cheese, blue	28.35	1 oz	2.205
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	2.200
01013	Cheese, cottage, creamed, with fruit	226	1 cup	2.190
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	2.176
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	2.176
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	2.175
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	2.166
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	2.160
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	2.158
22904	Chili con carne with beans, canned entree	222	1 cup	2.153
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	2.151
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.150
19270	Frozen desserts, ice cream, chocolate	66	1/2 cup	2.119
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	2.100
01035	Cheese, provolone	28.35	1 oz	2.096
19095	Frozen desserts, ice cream, vanilla	66	1/2 cup	2.092
01040	Cheese, swiss	28.35	1 oz	2.062
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.061
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2.043
01129	Egg, whole, cooked, hard-boiled	50	1 large	2.039
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	2.027
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	2.019
07083	Vienna sausage, canned, beef and pork	16	1 sausage	2.008
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	2.006
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	1.998
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.952
01125	Egg, yolk, raw, fresh	16.6	1 large	1.949
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.925
19183	Desserts, puddings, chocolate, ready-to-eat	113	4 oz	1.921
01031	Cheese, neufchatel	28.35	1 oz	1.920
01123	Egg, whole, raw, fresh	50	1 large	1.905
01131	Egg, whole, cooked, poached	50	1 large	1.897
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	1.882

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	1.879
01026	Cheese, mozzarella, whole milk	28.35	1 oz	1.863
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	1.855
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.854
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	1.854
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	1.850
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	1.836
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	1.816
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.806
04015	Salad dressing, russian, with salt	15.3	1 tbsp	1.805
19218	Desserts, puddings, tapioca, ready-to-eat	113	4 oz	1.785
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.782
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.777
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	1.775
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.768
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	1.763
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	1.758
19201	Desserts, puddings, vanilla, ready-to-eat	113	4 oz	1.740
09193	Olives, ripe, canned (small-extra large)	22	5 large	1.735
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.735
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.731
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.726
07027	Ham, chopped, not canned	21	2 slices	1.722
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	1.721
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	1.715
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	1.708
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.689
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	1.684
07017	Chicken roll, light meat	56.7	2 slices	1.678
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.678
01123	Egg, whole, raw, fresh	44	1 medium	1.676
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	1.672
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	1.668
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.660
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	1.655
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.655
18120	Cake, pound, commercially prepared, butter	28	1 piece	1.652
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	1.646
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	1.641

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**Fatty acids, total monounsaturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content**

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.612
01053	Cream, fluid, heavy whipping	15	1 tbsp	1.603
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	1.599
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.584
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	1.538
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	1.536
06119	Gravy, chicken, canned	59.5	1/4 cup	1.517
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	1.512
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.490
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.480
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	1.470
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	1.442
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PEANUT BUTTER PUFFS	30	3/4 cup	1.431
01017	Cheese, cream	14.5	1 tbsp	1.427
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.426
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	1.419
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	1.414
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	1.404
09039	Avocados, raw, Florida	28.35	1 oz	1.380
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.378
05286	Turkey and gravy, frozen	142	5-oz package	1.377
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	1.377
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	1.375
01052	Cream, fluid, light whipping	15	1 tbsp	1.364
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.361
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.361
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	1.354
14342	Rice beverage, IMAGINE FOODS, RICE DREAM, canned	245	1 cup	1.345
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	1.340
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	1.332
01019	Cheese, feta	28.35	1 oz	1.311
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.302
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	1.295
18229	Crackers, standard snack-type, regular	12	4 crackers	1.277
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	1.266
08220	Cereals ready-to-eat, QUAKER, QUAKER Low Fat 100% Natural Crispy Wholegrain Cereal with Raisins	50	1/2 cup	1.260
19393	Frozen desserts, yogurt, chocolate, soft-serve	72	1/2 cup	1.260
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	4.8	1 tsp	1.248
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	1.248

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**Fatty acids, total monounsaturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content**

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.244
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	1.243
19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.242
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.242
18214	Crackers, cheese, regular	10	10 crackers	1.211
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.206
18268	French toast, frozen, ready-to-heat	59	1 slice	1.204
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	1.200
18279	Muffins, corn, commercially prepared	57	1 muffin	1.199
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1.198
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.190
18360	Taco shells, baked	13.3	1 medium	1.188
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	1.167
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.159
20020	Cornmeal, whole-grain, yellow	122	1 cup	1.157
08219	Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut	49	1 cup	1.152
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.147
19293	Frozen desserts, yogurt, vanilla, soft-serve	72	1/2 cup	1.145
07073	Sandwich spread, pork, beef	15	1 tbsp	1.142
20011	Buckwheat flour, whole-groat	120	1 cup	1.139
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.133
18274	Muffins, blueberry, commercially prepared	57	1 muffin	1.124
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.123
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	1.109
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.085
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.084
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.074
18177	Cookies, molasses	15	1 cookie, medium	1.070
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.067
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	1.066
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	1.059
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	1.037
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	1.033
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.021
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.014
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1.006
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.001
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18134	Cake, sponge, prepared from recipe	63	1 piece	0.993
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.990
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.990
21049	Entrees, pizza with cheese	63	1 slice	0.990
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.977
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.967
18283	Muffins, oat bran	57	1 muffin	0.966
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.956
19164	Candies, HERSHEY, SPECIAL DARK Sweet Chocolate Bar	8.4	1 miniature	0.941
18235	Crackers, whole-wheat	16	4 crackers	0.941
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	0.934
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.930
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	0.928
16112	Miso	68.75	1 cup	0.922
18027	Bread, egg	40	1/2" slice	0.921
18232	Crackers, wheat, regular	8	4 crackers	0.916
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.916
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.903
19035	Snacks, popcorn, oil-popped	11	1 cup	0.899
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.859
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.856
19123	Desserts, puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.853
11159	Coleslaw, home-prepared	120	1 cup	0.850
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.844
19190	Desserts, puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.838
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.837
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.824
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.824
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.823
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.822
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.821
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.819
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.816
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.816
19088	Frozen desserts, ice cream, light (50% of the fat), vanilla	66	1/2 cup	0.812
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.805

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.805
16120	Soy milk, fluid	245	1 cup	0.799
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.798
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.795
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.789
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.788
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.787
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.771
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.755
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.754
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.750
08121	Cereals, oats, regular and quick and instant, without fortified, cooked with water, without salt	234	1 cup	0.749
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.747
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.733
01056	Cream, sour, cultured	12	1 tbsp	0.726
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.699
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.697
20110	Noodles, egg, cooked, enriched	160	1 cup	0.688
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.681
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.678
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.677
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.674
19212	Desserts, puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.672
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.669
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	0.666
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.666
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.658
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.658
18353	Rolls, hard (includes kaiser)	57	1 roll	0.646
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.642
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.642
12104	Nuts, coconut meat, raw	45	1 piece	0.641
20037	Rice, brown, long-grain, cooked	195	1 cup	0.638
20034	Oat bran, cooked	219	1 cup	0.637
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	0.623
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.622
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.617
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.610
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.608

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18048	Bread, raisin, toasted, enriched	24	1 slice	0.599
18047	Bread, raisin, enriched	26	1 slice	0.596
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.592
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.590
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.587
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.585
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.572
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	50	1 cup	0.570
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.569
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.566
16158	Hummus, commercial	14	1 tbsp	0.565
01143	Egg substitute, liquid	62.75	1/4 cup	0.562
06116	Gravy, beef, canned	58.25	1/4 cup	0.560
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.550
06174	Soup, stock, fish, home-prepared	233	1 cup	0.550
06125	Gravy, turkey, canned	59.6	1/4 cup	0.536
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	0.523
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.520
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.517
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.504
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	0.502
01049	Cream, fluid, half and half	15	1 tbsp	0.498
19104	Candies, fudge, vanilla, with nuts, prepared-from-recipe	15	1 piece	0.498
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	0.482
18170	Cookies, fig bars	16	1 cookie	0.480
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.480
18025	Bread, cracked-wheat	25	1 slice	0.476
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.474
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.472
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.470
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.470
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.462
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.457
13350	Beef, cured, dried beef	28.35	1 oz	0.456
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.445
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.444
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.439
01032	Cheese, parmesan, grated	5	1 tbsp	0.437
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.435

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.430
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.430
18040	Bread, oatmeal, toasted	25	1 slice	0.429
18039	Bread, oatmeal	27	1 slice	0.426
18060	Bread, rye	32	1 slice	0.420
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.413
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.401
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.398
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.396
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.393
19097	Frozen desserts, sherbet, orange	74	1/2 cup	0.392
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	0.389
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.383
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.381
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.380
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.380
14194	Cocoa mix, without added nutrients, powder, prepared with water	206	1 serving	0.377
09292	Prunes, dried, stewed, without added sugar	248	1 cup	0.377
14192	Cocoa mix, without added nutrients, powder	28.35	3 heaping tsp	0.376
18003	Bagels, egg	89	4" bagel	0.374
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsp	0.367
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.362
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.350
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.348
18061	Bread, rye, toasted	24	1 slice	0.346
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.335
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.326
20046	Rice, white, long-grain, parboiled, dry, enriched	185	1 cup	0.320
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.320
02007	Spices, celery seed	2	1 tsp	0.319
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.318
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.316
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.315
19014	Snacks, fruit leather, rolls	21	1 large	0.311
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.309
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.307
09326	Watermelon, raw	286	1 wedge	0.306
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.304
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	0.300
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.300



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**Fatty acids, total monounsaturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content**

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18044	Bread, pumpernickel	32	1 slice	0.298
18003	Bagels, egg	71	3-1/2" bagel	0.298
20005	Barley, pearled, raw	200	1 cup	0.298
18045	Bread, pumpernickel, toasted	29	1 slice	0.297
15141	Crustaceans, crab, blue, canned (crabmeat)	135	1 cup	0.294
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.288
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.288
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.285
21139	Fast foods, potato, mashed	80	1/3 cup	0.281
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.279
20080	Wheat flour, whole-grain	120	1 cup	0.278
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.276
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.273
09279	Plums, raw	66	1 plum	0.268
09087	Dates, domestic, natural and dry	178	1 cup	0.265
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.264
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.263
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.262
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES	26	3/4 cup	0.260
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.260
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.249
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.248
18057	Bread, reduced-calorie, white	23	1 slice	0.248
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.247
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.244
20012	Bulgur, dry	140	1 cup	0.242
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.238
09191	Nectarines, raw	136	1 nectarine	0.237
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.235
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	0.228
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	0.227
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.222
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	0.218
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.217
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.217
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.210
09176	Mangos, raw	207	1 mango	0.209
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.207
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.201
14315	Malted milk-flavor mix, chocolate, added nutrients, powder	21	3 heaping tsp	0.200
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.193

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**Fatty acids, total monounsaturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content**

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20083	Wheat flour, white, bread, enriched	137	1 cup	0.192
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.181
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.181
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	30	1/2 cup	0.180
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.179
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.178
09070	Cherries, sweet, raw	68	10 cherries	0.178
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.178
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.175
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.175
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.173
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.172
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.171
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.171
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.170
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.170
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.169
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.167
09176	Mangos, raw	165	1 cup	0.167
08319	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.165
09326	Watermelon, raw	152	1 cup	0.163
18033	Bread, italian	20	1 slice	0.162
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.160
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.159
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.159
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.157
18220	Crackers, melba toast, plain	20	4 pieces	0.156
18005	Bagels, cinnamon-raisin	89	4" bagel	0.156
18053	Bread, reduced-calorie, rye	23	1 slice	0.155
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.154
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.154
20028	Couscous, dry	173	1 cup	0.154
14309	Malted milk-flavor mix, natural, added nutrients, powder	21	4-5 heaping tsp	0.152
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.150
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	0.148
20047	Rice, white, long-grain, parboiled, cooked, enriched	175	1 cup	0.147
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.147
14196	Cocoa mix, with aspartame, powder, without added calcium or phosphorus, with added sodium and vitamin A	15	1/2 oz envelope	0.147
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	0.147
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.146

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**Fatty acids, total monounsaturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content**

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14390	Cocoa mix, with aspartame, prepared from item 14196	192	1 serving	0.146
09291	Prunes, dried, uncooked	42	5 prunes	0.143
09252	Pears, raw	166	1 pear	0.139
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.139
19071	Candies, carob	28.35	1 oz	0.137
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.136
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.136
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	0.135
08077	Cereals ready-to-eat, GENERAL MILLS, TOTAL	30	3/4 cup	0.135
09340	Pears, asian, raw	275	1 pear	0.135
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.130
15034	Finfish, haddock, cooked, dry heat	85	3 oz	0.128
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.127
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.124
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.121
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.121
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.121
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.120
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.120
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.117
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.116
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.116
09226	Papayas, raw	304	1 papaya	0.116
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.115
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.115
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.111
02015	Spices, curry powder	2	1 tsp	0.111
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.111
20100	Macaroni, cooked, enriched	140	1 cup	0.111
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.110
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.109
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.108
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.108
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.108
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.107
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.107
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.105
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.105
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.105

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	0.104
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.102
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, regular	51	1 cup	0.102
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.102
20084	Wheat flour, white, cake, enriched	137	1 cup	0.100
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.099
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.099
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.099
09094	Figs, dried, uncooked	38	2 figs	0.098
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.096
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.095
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.093
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.093
02009	Spices, chili powder	2.6	1 tsp	0.093
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.093
19036	Snacks, popcorn, cakes	10	1 cake	0.092
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.092
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.092
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.092
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.091
11424	Pumpkin, canned, without salt	245	1 cup	0.091
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.090
20006	Barley, pearled, cooked	157	1 cup	0.089
09206	Orange juice, raw	248	1 cup	0.089
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	0.089
19034	Snacks, popcorn, air-popped	8	1 cup	0.088
09316	Strawberries, raw	166	1 cup	0.086
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.085
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.085
19074	Candies, caramels	10.1	1 piece	0.085
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.084
20089	Wild rice, cooked	164	1 cup	0.082
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.081
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.081
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.081
09050	Blueberries, raw	145	1 cup	0.078
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.078
01072	Dessert topping, pressurized	4	1 tbsp	0.077
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.076

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09266	Pineapple, raw	155	1 cup	0.074
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.072
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.072
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.070
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.069
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.069
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.068
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.068
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.066
16051	Beans, white, mature seeds, canned	262	1 cup	0.066
09302	Raspberries, raw	123	1 cup	0.065
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.065
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.065
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.064
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.063
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.062
09207	Orange juice, canned, unsweetened	249	1 cup	0.062
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.062
09087	Dates, domestic, natural and dry	41.5	5 dates	0.062
09040	Bananas, raw	150	1 cup	0.062
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.062
11549	Tomato products, canned, sauce	245	1 cup	0.061
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.061
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.060
09340	Pears, asian, raw	122	1 pear	0.060
09021	Apricots, raw	35	1 apricot	0.060
11081	Beets, cooked, boiled, drained	170	1 cup	0.060
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.058
18055	Bread, reduced-calorie, wheat	23	1 slice	0.058
09236	Peaches, raw	170	1 cup	0.058
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.058
09277	Plantains, raw	179	1 medium	0.057
19108	Candies, jellybeans	28.35	10 large	0.057
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.057
20013	Bulgur, cooked	182	1 cup	0.056
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.056
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.055
09042	Blackberries, raw	144	1 cup	0.055
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.054
09294	Prune juice, canned	256	1 cup	0.054

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**Fatty acids, total monounsaturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content**

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14181	Chocolate syrup, without added nutrients	18.75	1 tbsp	0.054
09226	Papayas, raw	140	1 cup	0.053
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.053
11954	Tomatillos, raw	34	1 medium	0.053
01186	Cheese, cream, fat free	15.6	1 tbsp	0.052
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.051
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.049
09040	Bananas, raw	118	1 banana	0.048
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.048
08266	Cereals ready-to-eat, GENERAL MILLS, HONEY FROSTED WHEATIES	30	3/4 cup	0.048
11084	Beets, canned, drained solids	170	1 cup	0.048
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.047
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.047
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.047
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.046
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.046
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.046
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.046
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.045
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.045
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.045
09223	Tangerine juice, canned, sweetened	249	1 cup	0.045
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.045
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.044
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.043
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.043
02029	Spices, parsley, dried	1.3	1 tbsp	0.042
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.041
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.041
09055	Blueberries, frozen, sweetened	230	1 cup	0.041
09200	Oranges, raw, all commercial varieties	180	1 cup	0.041
19116	Candies, marshmallows	50	1 cup	0.040
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.040
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.040
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.039
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.039
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.038
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.038
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.038
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.037

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.037
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.037
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.037
11282	Onions, raw	160	1 cup	0.037
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.037
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.036
18217	Crackers, matzo, plain	28.35	1 matzo	0.036
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.035
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.035
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.035
20029	Couscous, cooked	157	1 cup	0.035
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.034
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.034
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.034
11961	Hearts of palm, canned	33	1 piece	0.034
11578	Vegetable juice cocktail, canned	242	1 cup	0.034
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.034
09060	Carambola, (starfruit), raw	108	1 cup	0.033
09236	Peaches, raw	98	1 peach	0.033
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.033
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.033
11143	Celery, raw	120	1 cup	0.032
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.032
09404	Grapefruit juice, pink, raw	247	1 cup	0.032
09123	Grapefruit juice, canned, unsweetened	247	1 cup	0.032
09128	Grapefruit juice, white, raw	247	1 cup	0.032
11945	Pickle relish, sweet	15	1 tbsp	0.031
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.031
09206	Orange juice, raw	86	juice from 1 orange	0.031
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.031
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.031
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.030
09200	Oranges, raw, all commercial varieties	131	1 orange	0.030
09124	Grapefruit juice, canned, sweetened	250	1 cup	0.030
11461	Spinach, canned, drained solids	214	1 cup	0.030
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.030
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.030
11297	Parsley, raw	10	10 sprigs	0.030
18041	Bread, pita, white, enriched	28	4" pita	0.029
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.029

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09060	Carambola, (starfruit), raw	91	1 fruit	0.028
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.028
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.028
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.027
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.027
09153	Lemon juice, canned or bottled	244	1 cup	0.027
09298	Raisins, seedless	145	1 cup	0.026
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.026
02028	Spices, paprika	2.1	1 tsp	0.026
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.025
11282	Onions, raw	110	1 whole	0.025
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.025
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.025
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.025
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.024
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.024
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.024
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.023
09278	Plantains, cooked	154	1 cup	0.023
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.023
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.023
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.022
11540	Tomato juice, canned, with salt added	243	1 cup	0.022
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.022
02030	Spices, pepper, black	2.1	1 tsp	0.021
11090	Broccoli, raw	88	1 cup	0.021
09003	Apples, raw, with skin	138	1 apple	0.021
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.021
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.020
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.020
18086	Cake, angelfood, commercially prepared	28	1 piece	0.020
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.020
11333	Peppers, sweet, green, raw	149	1 cup	0.019
11821	Peppers, sweet, red, raw	149	1 cup	0.019
01069	Cream substitute, powdered	2	1 tsp	0.019
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.018
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.018
11641	Squash, summer, all varieties, raw	113	1 cup	0.018
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.018
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.018
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.018



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11081	Beets, cooked, boiled, drained	50	1 beet	0.018
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.017
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	0.017
18226	Crackers, rye, wafers, plain	11	1 wafer	0.017
11655	Carrot juice, canned	236	1 cup	0.017
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.016
16055	Carob flour	8	1 tbsp	0.016
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.016
11821	Peppers, sweet, red, raw	119	1 pepper	0.015
11333	Peppers, sweet, green, raw	119	1 pepper	0.015
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.015
11015	Asparagus, canned, drained solids	72	4 spears	0.015
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.015
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.015
09004	Apples, raw, without skin	110	1 cup	0.014
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.014
11135	Cauliflower, raw	100	1 cup	0.014
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.014
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.014
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.014
11109	Cabbage, raw	70	1 cup	0.013
11112	Cabbage, red, raw	70	1 cup	0.013
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.013
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.013
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.013
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.013
19353	Syrups, maple	20	1 tbsp	0.013
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.013
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.013
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.012
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.012
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.012
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.012
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.012
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.012
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.012
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.011
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.011
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.011
09181	Melons, cantaloupe, raw	160	1 cup	0.011

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11206	Cucumber, peeled, raw	280	1 large	0.011
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.011
02010	Spices, cinnamon, ground	2.3	1 tsp	0.011
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.011
11143	Celery, raw	40	1 stalk	0.011
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.011
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.011
02027	Spices, oregano, ground	1.5	1 tsp	0.010
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.010
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.010
11445	Seaweed, kelp, raw	10	2 tbsp	0.010
11955	Tomatoes, sun-dried	2	1 piece	0.010
09316	Strawberries, raw	18	1 strawberry	0.009
11205	Cucumber, with peel, raw	301	1 large	0.009
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.009
11124	Carrots, raw	110	1 cup	0.009
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.009
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.008
11935	Catsup	15	1 tbsp	0.008
02045	Spices, dill weed, fresh	1	5 sprigs	0.008
11264	Mushrooms, canned, drained solids	156	1 cup	0.008
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.008
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.008
19297	Jams and preserves	20	1 tbsp	0.008
20068	Tapioca, pearl, dry	152	1 cup	0.008
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.008
11090	Broccoli, raw	31	1 spear	0.007
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.007
11084	Beets, canned, drained solids	24	1 beet	0.007
11253	Lettuce, looseleaf, raw	56	1 cup	0.007
02055	Horseradish, prepared	5	1 tsp	0.007
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.006
09150	Lemons, raw, without peel	58	1 lemon	0.006
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.006
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.006
09316	Strawberries, raw	12	1 strawberry	0.006
11226	Jerusalem-artichokes, raw	150	1 cup	0.006
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.006
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.006
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.006
11124	Carrots, raw	72	1 carrot	0.006

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.005
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.005
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.005
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.005
14267	Fruit punch drink, canned	248	8 fl oz	0.005
11670	Peppers, hot chili, green, raw	45	1 pepper	0.005
11819	Peppers, hot chili, red, raw	45	1 pepper	0.005
11114	Cabbage, savoy, raw	70	1 cup	0.005
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.005
09181	Melons, cantaloupe, raw	69	1/8 melon	0.005
11206	Cucumber, peeled, raw	119	1 cup	0.005
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.005
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.005
11251	Lettuce, cos or romaine, raw	56	1 cup	0.004
11260	Mushrooms, raw	70	1 cup	0.004
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.004
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.004
11674	Potatoes, baked, flesh and skin, without salt	202	1 potato	0.004
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.004
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.004
09160	Lime juice, raw	38	juice of 1 lime	0.004
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.004
09184	Melons, honeydew, raw	170	1 cup	0.003
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.003
02026	Spices, onion powder	2.1	1 tsp	0.003
11935	Catsup	6	1 packet	0.003
11282	Onions, raw	14	1 slice	0.003
11284	Onions, dehydrated flakes	5	1 tbsp	0.003
09184	Melons, honeydew, raw	160	1/8 melon	0.003
11205	Cucumber, with peel, raw	104	1 cup	0.003
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.003
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.003
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.003
11457	Spinach, raw	30	1 cup	0.003
11156	Chives, raw	3	1 tbsp	0.003
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.003
11960	Carrots, baby, raw	10	1 medium	0.003
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.003
11740	Broccoli, flower clusters, raw	11	1 floweret	0.003
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.003

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19336	Sugars, powdered	8	1 tbsp	0.003
09298	Raisins, seedless	14	1 packet	0.003
11943	Pimento, canned	12	1 tbsp	0.002
11213	Endive, raw	50	1 cup	0.002
11937	Pickles, cucumber, dill	65	1 pickle	0.002
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.002
19300	Jellies	19	1 tbsp	0.002
11135	Cauliflower, raw	13	1 floweret	0.002
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.002
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.002
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.002
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.002
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.001
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.001
11677	Shallots, raw	10	1 tbsp	0.001
11333	Peppers, sweet, green, raw	10	1 ring	0.001
20027	Cornstarch	8.064	1 tbsp	0.001
11253	Lettuce, looseleaf, raw	10	1 leaf	0.001
11364	Potatoes, baked, skin, without salt	58	1 skin	0.001
11457	Spinach, raw	10	1 leaf	0.001
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.001
11429	Radishes, raw	4.5	1 radish	0.001
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.001
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.001
02020	Spices, garlic powder	2.8	1 tsp	0.000
02050	Vanilla extract	4.2	1 tsp	0.000
11215	Garlic, raw	3	1 clove	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19107	Candies, hard	3	1 small piece	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
19296	Honey, strained or extracted	21	1 tbsp	0.000
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19335	Sugars, granulated	4.2	1 tsp	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
19294	Fruit butters, apple	17	1 tbsp	0.000
19305	Molasses, blackstrap	20	1 tbsp	0.000
19107	Candies, hard	6	1 piece	0.000
19283	Frozen desserts, ice pops	59	1 bar (2 fl oz)	0.000
19281	Frozen desserts, ice, italian, restaurant-prepared	116	1/2 cup	0.000
19263	Frozen desserts, fruit and juice bars	77	1 bar (2.5 fl oz)	0.000
19176	Desserts, gelatins, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
19173	Desserts, gelatins, dry mix, prepared with water	135	1/2 cup	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
01124	Egg, white, raw, fresh	33.4	1 large	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.000
02047	Salt, table	6	1 tsp	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
09152	Lemon juice, raw	47	juice of 1 lemon	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14429	Water, municipal	237	8 fl oz	0.000
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000

## USDA Nutrient Database for Standard Reference, Release 14

Fatty acids, total monounsaturated (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14277	Grape drink, canned	250	8 fl oz	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000